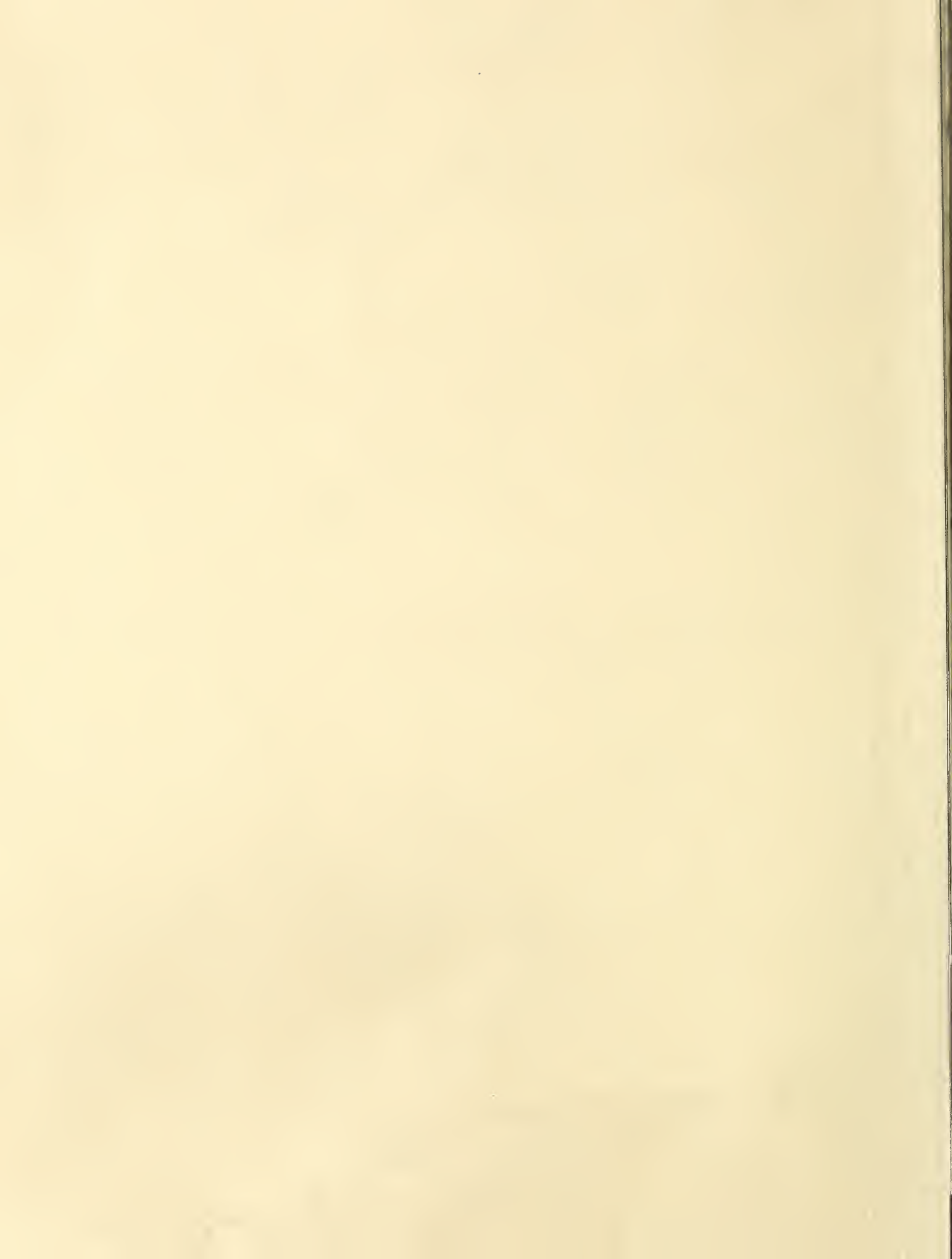


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HOUSEHOLD CALENDAR

FOOD FOR THE YOUNGER GENERATION

A radio talk by Miss Ruth Van Deman, Bureau of Home Economics, delivered in the Department of Agriculture period of the National Farm and Home Hour, broadcast by a network of 48 associate NBC stations, Thursday, January 9, 1936.

--oo00oo--

MR. SALISBURY:

And now once more, especially for the women of this audience, it's my pleasure to present Ruth Van Deman. As you know, she's the interpreter of the scientific research of the Department of Agriculture that's of particular interest to the homemaker and the consumer. But Miss Van Deman, before you open your program for 1936, I'm going to ask you to spell your name.

MISS VAN DEMAN:

Spell my name? Can't you spell my name after all these years?

MR. SALISBURY: Yes, most of the time. But I'm not asking for my own benefit. I'm thinking about the many women who say they've postponed writing you because they didn't know how to spell your name. You see, I've been reading your fan mail as it comes through the office.

MISS VAN DEMAN:

Oh I see. Well I don't wonder people have trouble getting my name. Just hearing the name Van Deman, you might spell it in several ways. It's really very simple - V a n D e m a n, with a capital V and a capital D.

MR. SALISBURY:

Thank you, Miss V a n D e m a n, with a capital V as in vitamin and a capital D -

MISS VAN DEMAN:

As in diet.

MR. SALISBURY:

Well, I know you're never disturbed whether your name is spelled right or wrong. But I want these letters from listeners to find their way to you promptly, that's all.

MISS VAN DEMAN:

Yes, so do I. I'm very sorry when letters are so delayed in reaching me that I have to begin my reply with an apology.

Now today I'm going to touch for just a few minutes on one of those subjects that is always bringing letters to the Bureau of Home Economics - that is, diet for the younger generation. With all our spread of information about vitamins and calories, and protein and iron, I sometimes wonder if we understand their real significance.

(over)

I was talking not long ago with a good friend of mine, the mother of three boys. She said very frankly that food and nutrition and all this fuss about it bored her utterly. Naturally she had to see to it that the boys were not, they were not so hungry. But what she was really interested in was their minds, not their bodies. In fact she didn't so much care whether they looked strong and husky as whether they could play the violin, and appreciate good books, and knew about "the finer things in life". Planning meals and cooking food seemed to her almost degrading.

As she talked on, pictures of her boys as I'd last seen them kept flashing across my mind. I remembered them as they'd come running toward us in their bathing suits down at the beach one day in the summer. Nice, keen-faced, interesting youngsters, but I could see at a glance that they were far below par physically. The oldest boy especially was painfully thin and under developed. And though I'm no child specialist even I could recognize in him some of the marks of malnutrition - in his posture, in his poorly formed teeth, and in his curved ankle bones and flat chest. I couldn't help thinking that promising and intelligent though he seemed, he'd probably be able to do more with his mind if he had a healthier, stronger body.

If you follow the reports of scientific research, you can't help seeing that each year brings more definite proof of the relation between physical vigor and mental fitness. Of course they are exceptions both ways, but they only go to prove the rule. Recently Doctor Thomas B. Cooley, President of the American Academy of Pediatrics, reported an increase of infantile scurvy in the Michigan hospital with which he is connected. Scurvy, a disease due to faulty diet, despite all of the talk there is about giving babies their orange juice or tomato juice every day.

These mid-winter months from January through March are about the hardest time of the year, I suppose, for children and for grownups too. In most parts of the country there's less sunshine, less chance to get out of doors, fewer fresh vegetables and fruits on the table, and a gradual depreciation of the stores of vitamins and minerals laid up in the body to protect it against infections.

Now perhaps you'll be interested in this list of the foods a child needs to eat every day to insure good nutrition. It's the one Mrs. Carpenter gives in her bulletin on Food for Children. Mr. Salisbury, will you help me check?

MR. SALISBURY:

Certainly. I'll call the items and you say how much. First milk.

MISS VAN DEMAN:

All right. Milk, at least a pint, preferably a quart, everyday.

MR. SALISBURY:

Next, butter.

MISS VAN DEMAN:

Every meal, for butter.

MR. SALISBURY:

Cereal, bread, or potato.

MISS VAN DEMAN:

Cereal, bread, or potato, at every meal.

MR. SALISBURY:

Vegetables, other than potatoes.

MISS VAN DEMAN:

At least two vegetables every day. And serve one raw or quickly cooked, and use the green leafy kinds as often as possible.

MR. SALISBURY:

Fruit.

MISS VAN DEMAN:

Once or twice a day on fruit. And be sure to include a citrus fruit, or a raw fruit, or tomatoes, every day.

MR. SALISBURY:

Egg or meat.

MISS VAN DEMAN:

An older child generally needs both egg and meat, every day.

MR. SALISBURY:

Sweets, I notice the sweets come last.

MISS VAN DEMAN:

You would. Well, for children we say sweets in small amounts at the end of the meal.

If a child gets those seven types of foods in the right quantities every day, other things being equal, they should help him to obtain those "finer things of life" on which my friend puts such emphasis. Of course she overlooks that old principle of a sound body as a prerequisite to a sound mind. And with that, I guess we'll have to leave this subject today.

MR. SALISBURY:

Miss Van Deman, what about that bulletin on "Food for children" you quoted from? Is that available to anybody who wants it?

MISS VAN DEMAN:

Yes. The number is F B 1674, and the title is "Food for children".

MR. SALISBURY:

All right, Miss Van Deman, spelled VAN DEMAN, with a capital V and a capital D. You'll probably be getting many requests for Farmers' Bulletin 1674 - Food for children. And we'll be looking for you back next week for another Household Calendar talk.

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